

PILATES

Intelligent Exercise



There are still a few places left in the Queen Mary's class on a Thursday morning at 8:45-9:45 am.

It is a Pilates class using equipment which will give you a varied and interesting workout every time.

Classes run during term time only.

Classes are also available at Thirsk, Topcliffe & Bedale

Taught by a Certified Pilates Instructor & Trainer & Movement Therapist

For more information ring Nicole 07887 581364